

Nervous system reset guide



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Wild Rose Medicine

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Welcome



Welcome beautiful,

If you've been feeling wired and tired...
anxious but exhausted...
or like your body just isn't responding
the way it used to—

this is where I would start.

Not with another supplement.
Not with a complicated protocol.

But with your nervous system.

Because your nervous system is the
foundation for everything: your
hormones, digestion, sleep, mood, and
resilience.

When it feels safe, your body can
regulate. When it's overwhelmed,
everything feels harder.

This guide walks you through simple,
effective ways to support your system
throughout the day—
the same rhythms I use in my clinical
practice and in my own life.

With Love,

Dr. Margo

Why this matters

Your nervous system has two primary states:

Sympathetic (fight or flight)

→ alert, wired, stressed, reactive

Parasympathetic (rest and digest)

→ calm, grounded, regulated

Most women who work with us are spending too much time in a low-level stress state— even if life doesn't look “that stressful” on the surface. I've been there, too:-)

This can show up as:

- disrupted sleep
- hormone imbalances
- anxiety or irritability
- fatigue that doesn't improve with rest
- feeling overwhelmed or overstimulated



The goal isn't to eliminate stress—
it's to help your body move out of it more efficiently.

Your daily nervous system reset rhythm

Think of this as gentle structure—not perfection.



Morning (first 30–60 minutes)

- **Get natural light in your eyes**
Step outside within 30 minutes of waking (even 5–10 minutes helps). This supports your cortisol rhythm and sets the tone for your entire day.
- **Scrape your tongue, brush your teeth and drink a large glass of room temperature or warm water with a squeeze of lemon and pinch of sea salt.** Clears overnight buildup, gently stimulates digestion and liver detox, and supports hydration and mineral balance first thing in the morning.
- **Conscious breathing:** Inhale 4 seconds, exhale 6–8 seconds (for 2–3 minutes)
Longer exhales calm the nervous system & signal safety to the body.
- **Eat something warm + grounding + nutrient dense**
Especially if you wake up anxious or depleted.
Think: eggs w veggies and avocado, oatmeal w berries/nuts/greek yogurt, or leftovers—not just coffee alone.

Midday reset

- **Pause with no input**

No phone. No stimulation. Just sit, breathe, or step outside. Even a few minutes creates space for your system to reset.

- **Regulate through your body**

- a short walk
- stretching
- stepping outside for fresh air
- simply taking a break from work and staring out the window

Your nervous system responds more to what you do than what you think.

- **Afternoon herbal tea**

Supports a gentle reset—hydrating, calming the nervous system, and helping sustain steady energy through the afternoon without a cortisol spike. Some of my favorite easily accessible afternoon herbal teas include:

- nettle + peppermint → mineral-rich, gently energizing
- tulsi (holy basil) → stress support + balanced energy
- rooibos → caffeine-free, grounding + antioxidant-rich
- ginger + lemon → digestive support + light lift

Take a break, a deep breath and enjoy your warm cup of tea!



Evening (wind-down support)

- **Legs up the wall (2–10 minutes)**

A simple way to shift into parasympathetic mode. Lie on your back with your legs extended up a wall and arms relaxed by your sides or on your belly. Close your eyes, slow your breath, and stay for 2–10 minutes, allowing your body to gently shift into a calm, parasympathetic state

- **Reduce stimulation**

Dim lights, limit screens, create a slower pace where possible.

- **Gratitude journal** Write down 3–5 things you're grateful for from your day—simple, specific moments are enough. Let yourself pause and feel them for a few breaths to gently shift your mind and nervous system toward calm

- **Evening acupressure**

EVENING ACUPRESSURE

GENTLE POINTS TO CALM YOUR MIND AND SUPPORT RESTFUL SLEEP

HEART 7 (HT 7)



Location: On the wrist, at the ulnar end (pinky side) of the transverse wrist crease.

Benefits: Calms the heart and mind, eases anxiety, supports emotional balance.

How to use: Apply gentle pressure with your thumb for 1–2 minutes on each side. Breathe deeply.

PERICARDIUM 6 (PC 6)



Location: On the inner forearm, in the middle between the two tendons, 2–3 finger widths above the wrist crease.

Benefits: Calms the nervous system, reduces nausea and overwhelm, supports the heart.

How to use: Apply gentle pressure for 1–2 minutes on each side. Breathe slowly.

YIN TONG (Extra Point)



Location: Between the eyebrows, at the point between the eyes, slightly lower than the midpoint.

Benefits: Clears the mind, releases tension in the head and neck, supports deep relaxation.

How to use: Gently press and massage in small circles for 1–2 minutes.

Use these points as part of your evening routine to unwind, release the day, and support natural, restful sleep.

Thank You + Next Steps

A gentle reminder,

You don't need to do this perfectly.

This isn't about adding more to your plate—
it's about supporting your body in a way that feels sustainable.

When your nervous system begins to feel safe again, everything else becomes easier to regulate.

If you found this helpful, there's more support available. I share deeper education, clinical insights, and practical tools for women's health— from hormones and fertility to nervous system regulation and longevity.

✦ 1:1 Work with Dr. Margo via virtual ([telemedicine](#) or [functional medicine](#) consultations) or in person. [Contact here](#).

✦ Group programs & workshops

✦ Free content on Instagram



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